

My Promise

In honor of breast cancer victims and survivors alike, and in the best interest of my body and my health, I make this solemn pledge.

I,, promise that I will

- ☛ Explore risk factors that could affect my chances of getting cancer
The more I understand about myself and my genes, the better
- ☛ Become familiar with the look and feel of my breasts and report any changes to my health care provider immediately
Because I am responsible for my own health, and no one knows my body better than I
- ☛ Get an annual clinical breast exam starting at age 20
My doctor is my partner in health and wellness
- ☛ Get a mammogram annually, after age 40 (or earlier if risk factors dictate)
I know it's important to see what I might not be able to feel
- ☛ Be good to my body and soul
I understand that being healthy increases my chances of preventing— or fighting— cancer
- ☛ Share this pledge with another woman I care about
I will urge a sister, mother, daughter, or friend to make—and keep— this promise with me

.....
Signature

.....
Supporter Signature

.....
Date

Download additional copies of *My Promise* at KCCancerCenter.com/MyPromise, or contact us to request copies at KCCancerCenterMyPromise@usoncology.com or 913-577-5875.

For more information about breast cancer, Genetic Risk Evaluation and Testing (GREAT), risk factors, and early detection, visit KCCancerCenter.com.

